

Workout 1A: For Time- Shoulder To Overhead/ Row Calories (10 Minute Cap)

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|--------------------------------|-----|
| Shoulder To Overhead (21 Reps) | 21 |
| Row Calories (42 Reps) | 63 |
| Shoulder To Overhead (15 Reps) | 78 |
| Row Calories (30 Reps) | 108 |
| Shoulder To Overhead (9 Reps) | 117 |
| Row Calories (15 Reps) | 132 |

Time: _____

Reps: _____

Workout 1B: 10 Minutes to Establish 2 Rep Max Back Squat

Weight: _____

Workout 1C: For Time- 15/12/9 Squat Clean & Burpee Over Bar (15 Minute Cap)

50% of 2 Rep Max Back Squat _____

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|---------------------------|----|
| Squat Clean (15 Reps) | 15 |
| Burpee Over Bar (15 Reps) | 30 |
| Squat Clean (12 Reps) | 42 |
| Burpee Over Bar (12 Reps) | 54 |
| Squat Clean (9 Reps) | 63 |
| Burpee Over Bar (9 Reps) | 70 |

Time: _____